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15. (Amended) A fiber optic cable, comprising:
an outer layer;
at least one optical fiber ribbon disposed inside said outer layer; and
a gel-swellable layer and a water resistant gel positioned adjacent to each other and
disposed between said outer layer and said ribbon;
wherein said gel swellable layer absorbs at least some of a said gel, and wherein said gel-
swellable layer swells more than 10% at 85°C.

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29. (Amended) A fiber optic cable, comprising:
an outer layer, having at least one gel-swellable portion adhered to an inside surface of
said outer layer;
at least one optical fiber; and
a water resistant gel disposed between said at least one optical fiber and said outer layer;
wherein said gel-swellable portion absorbs at least some of said gel, and wherein said
gel-swellable portion swells more than 10% at 85°C.

IN THE ABSTRACT:

**Please delete the present Abstract of the Disclosure and replace it with the following
new Abstract of the Disclosure.**

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The present invention adds a gel-swellable layer in fiber optic cables to aid in protecting
the fibers within the cable. The gel-swellable layer can be placed on the fibers, individual

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cont. ribbons, stacks of ribbons and on the inner surface of tubes by various methods, such as co-extrusion, and can be cured by either heat curing or UV curing. The gel-swellable layers of this invention can be either smooth or textured. When the fibers are placed into the tubes and the tubes are filled with the water resistant gel, the gel-swellable layer absorbs some of the gel causing it to "swell". As a result of the "swelling" a certain volume of gel is absorbed by the layer, thus reducing the capability of the gel to flow at elevated temperatures.
